



# Making Your Home A Safer Place

Your Name

Your Vocation

Your Unit/Office

# Fire Safety Basics

- Teach the basics of fire safety
- Matches and lighters are for grownups only
- Never touch matches or lighters
- Tell an adult if they find matches or lighters



# In case of a fire...

- Develop and practice a fire escape plan
  - Get out quickly
  - Once outside, stay outside
  - Meet other family members outside at a predetermined location





# If trapped inside a burning building...

- Touch doors before opening
- Crawl low under the smoke
- Signal rescuers from a window
- Place towels or sheets above and at the bottom of doors

# Stop, Drop, and Roll!

- Stop...
  - where you are
- Drop...
  - to the ground
- Roll...
  - over, covering face and hands

# Fire Prevention Necessities

- Install smoke detectors
- Install carbon monoxide detectors
- Place fire extinguishers



# Firearm Safety Around Your Home

- Store guns unloaded in a locked area
  - Keep the key hidden!
- Secure guns with a barrel or trigger lock
  - Keep the key hidden!
- Store ammunition separately from guns
  - Keep the key hidden!



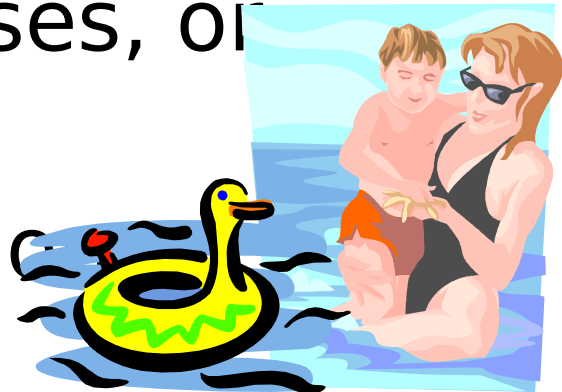


Water Safety



# Swimming Safety

- Make sure children know how to swim
- Consider CPR course
- Make sure children wear personal flotation devices
- Air-filled toys, mattresses, or swimming aids
- Provide adult supervision



# Water Safety At Home

- Install toilet bowl cover locks or latches
- Empty all buckets and pails after use
- Empty and store wading pools
- Enclose hot tub or spa areas
- Install locking cover on hot tubs or spas



# Water Safety At Home

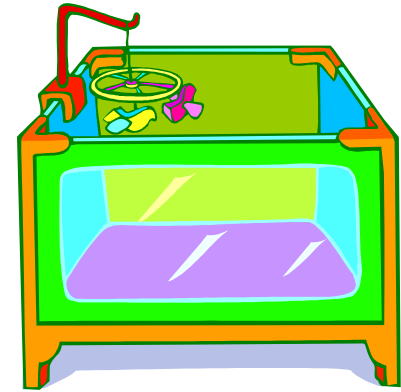
- Cover hot tub and pool drains
- Enclose swimming pools
- Keep a long rescue pole and life rings or tubes handy
- Lock doors and windows
- Install a pool alarm



# Preventing Suffocation, Strangulation, and Choking

# Keeping Cribs Safe

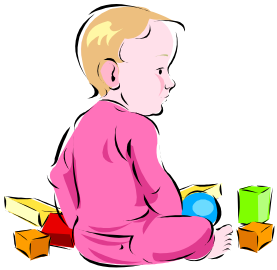
- Crib mattresses
- Crib slats on headboards
- Fasten bumper pads
- Avoid using plastic bags
- Keep all toys with strings away
- Remove necklaces and other jewelry
- Keep cribs away from dangling window shades or drapery cords



# Keeping Cribs Safe

- Keep all pillows, large plush toys, and beanbags away
- Keep gyms and mobiles away
- Keep the drop-side of mesh playpens raised
- Use toy chests with removable lids and ventilation holes
- Use safety gates





# Choking Hazards

- Babies and toddlers put everything in their mouths
- Chop or shred round or slippery foods
- Keep balloons away from children
- Keep babies and toddlers away from small, easy-to-swallow objects
- Keep babies and toddlers out of older siblings' rooms
- Learn infant and child CPR



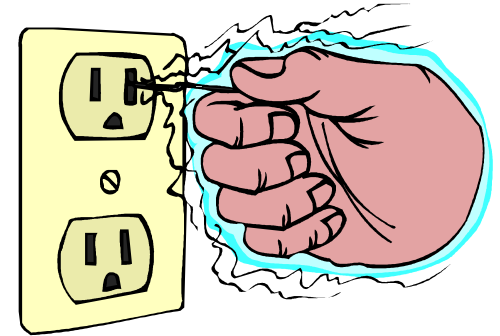


# Household Safety



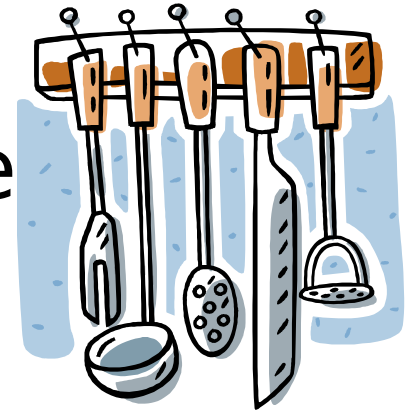
# Electrical Safety

- Unplug appliances
- Install caps or plug covers
- Install ground fault circuit interrupters (GFCI)
- Tag shut-off for gas, oil, water, and main electrical supplies
- Teach children to keep electrical appliances away from water



# Kitchen Safety

- Store knives and sharp tools out of reach
- Use safety latches on cabinets and drawers
- Turn pot handles inward and use back burners
- Use safety barrier on stove



# Kitchen Safety

- Keep foil and plastic wrap boxes out of reach
- Keep garbage under the sink
- Keep First Aid Kit updated and supplied
- Show children how to use the microwave
- Show children how to remove pan lids



# Pets and Plants

- Keep children away from plants
- Use covers in pots to prevent playing in the soil
- Consider the pet before purchase
  - Type
  - Temperament
  - Allergies
  - Hygiene

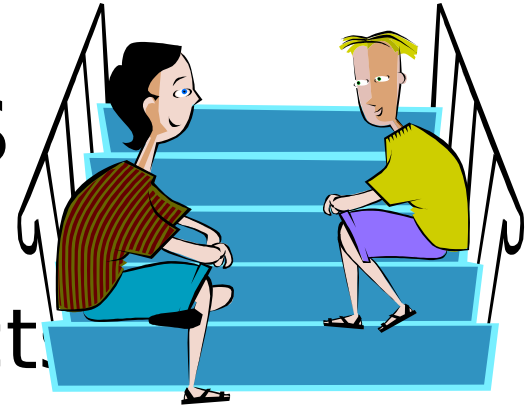


# Slips, Trips, and Falls



- Avoid leaving infants alone
- Keep infant seats off of tables, chairs, or counters
- Use infant seats with a wide, stable base
- Lock high-chair trays
- Use safety gates
- Install handrails on stairs
- Use plastic guards on stair or deck railings

# Preventing Falls



- Keep stairs free of objects.
- Use throw rugs with rubber backing
- Use rubber mats or no-skid decals and grab-bars in showers or tubs
- Secure furniture against the walls
- Use padding on sharp corners
- Keep furniture away from windows
- Install easy-to-detach window guards





# Yard and Playground Safety

- Check fences and playground equipment
- Anchor playground equipment away from fences, walls or obstructions
- Put wood chips or sawdust under equipment
- Keep children indoors when mowing the yard
- Check yard for snakes, ants, and thorny poisonous plants
- Keep children off the lawn at least 48 hours after spraying pesticides



# Bicycle, Scooter, Skate, and Skateboard Safety



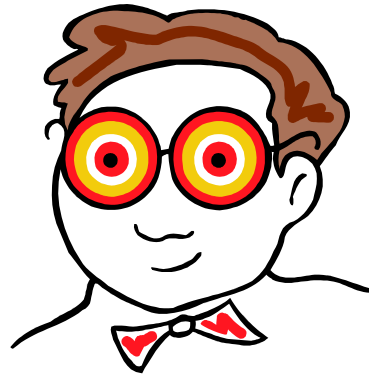
- Insist that children wear helmets
- Wear pads and guards when skating or skateboarding
- Properly fit the bike to the child
- Place reflective material on bikes, helmets, and clothing
- Children should ride on the right side of the road
- Never skate or skateboard in the street

# Staying Home Alone and Street Smarts

# Advice for Children

- Never tell anyone they're alone
- Keep house keys out of sight
- Call the police or go to a neighbor's house
- Double-lock doors
- Have delivery persons leave packages outside
- Tell strangers who call that "mom and dad are busy" and to take a message
- Call you, a neighbor, or police if they have a problem
- Never talk to, or accept rides or gifts from strangers

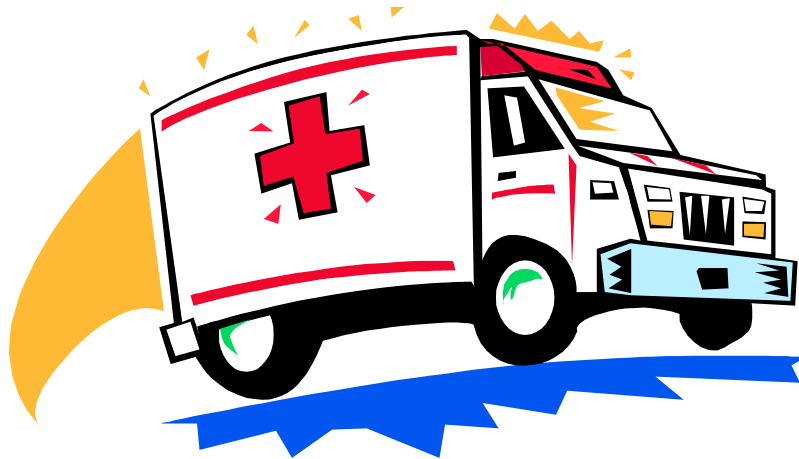
# The Stranger



# Stranger Strategies

- Use the buddy system
- Walk only on well-lighted streets
- Stay away from isolated areas
- Use the No, Go and Tell system if someone tries to lure them away:
  - No... means don't go with strangers
  - Go... means run away if trouble starts
  - Tell... means it's okay to tell an adult

# Emergencies



# Emergency Numbers

- Ambulance
  - ????
- Fire
  - ???
- Police
  - ???

# Emergency Numbers

- Fire
  - DSN ???
  - Civilian ???
- Military Police
  - DSN ???
  - Civilian ???



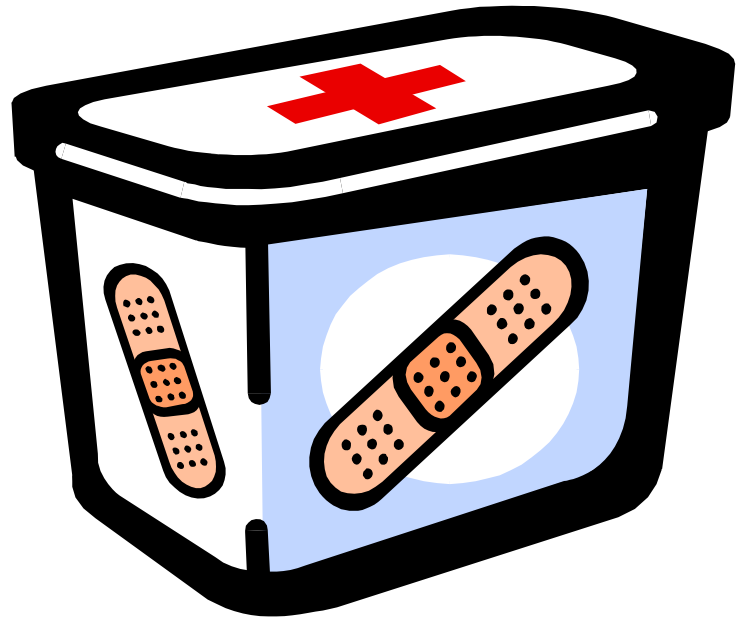
# In Case of an Accident

- Call only if they or someone they know is hurt
- Tell the dispatcher what happened
- Hang up when the operator says to
- Practice emergency situations
- Post key numbers by the phone



# First Aid

- Bites, stings, and scratches
- Choking
- Head injuries
- CPR



## Health Topics A to Z

<http://www.cdc.gov/health/diseases.htm>

An On-Line Handbook for Child Care Providers

<http://www.cdc.gov/ncidod/hip/abc/abc.htm>

Bicycle Helmets

<http://www.cdc.gov/ncipc/bike/helmets.htm>

CDC Child Care Health and Safety Action Plan

<http://www.cdc.gov/ncidod/publications/daycare/contents.htm>

Child Passenger Safety Fact Sheet

<http://www.cdc.gov/ncipc/factsheets/childpas.htm>

NCIPC Bibliography of Articles on Dog Bites

<http://www.cdc.gov/ncipc/duip/dogbites.htm>

CDC Childhood Lead Poisoning Prevention Program

<http://www.cdc.gov/nceh/lead/lead.htm>

Playground Injuries

<http://www.cdc.gov/ncipc/factsheets/playgr.htm>

Health Topic: Swimming Pool Safety

<http://www.cdc.gov/health/spsafety.htm>

Child Passenger Safety

<http://www.cdc.gov/safeusa/move/childpassenger.htm>



# Questions?

Your Name

Your E-Mail

Your Telephone Number